

All Recruit and Reserve Officer applicants will be required to pass the Physical Agility Test, usually held the same day and prior to the written exam for these positions. The Physical Agility Test measures a basic level of fitness; however, does not measure a person's ability to successfully complete the rigors of a Police Academy. Police Academy demands are much more stringent.

**Applicants considering submitting an application for an officer position should do so only if they are physically and mentally prepared to start a law enforcement career.**

Email Sergeant Regan at [dregan@covinaca.gov](mailto:dregan@covinaca.gov) if you have questions about the demands of this test or the academy. The Physical Agility Test includes the timed events listed below:

**Obstacle Course (Timed and Scored):** 99-Yard course consisting of several sharp turns, a number of curb height obstacles, and a 34-inch high obstacle that must be vaulted.

**6' Solid Wall (Timed and Scored):** Run 5 yards to a 6-foot solid fence, climb over the fence and sprint 25 yards.

**6' Chain Link Fence (Timed and Scored):** Run 5 yards to a 6-foot chain link fence, climb over the fence and sprint 25 yards.

**Body Drag (Timed and Scored):** Lift and drag a 165 pound life-like dummy a distance of 32 feet on the ground.

**1.5 Mile Run (Timed - Pass/Fail):** Complete 1.5 miles in 15 minutes or less.



